Canadian Legal Resource Centre Inc.
CALL NOW! 229-2774
Mon-Sat Daytime & Evening Appointments
FREE CONSULTATION
UNCONTESTED DIVORCES
Legal Separation Agreements • Spousal Land Transfers
CRIMINAL RECORD?
Canadian Pardons • US Travel Waivers • Fingerprinting
21+ years experience
Voted #1 Paralegal
Why pay more?
www.canadianlegal.org

The world's largest global newspaper
metro
CALGARY • TUESDAY, AUGUST 5, 2008
metronews.ca

QUICK, EASY, INEXPENSIVE
DIVORCE
LOWEST PRICES IN CALGARY
10 YEARS AS FAMILY MEDIATORS AND OUT-OF COURT DIVORCE SPECIALISTS
CALL NOW
403-477-8895
divorceeasy499@yahoo.ca

Base city on transit: Aldermen

'Aggressive approach' touted as key to sustainable communities

NEIL MACKINNON
neil.mackinnon@metronews.ca

Nothing short of an "aggressive approach" will get this city back on its developmental track, prying more people out of their cars and on to transit, according to two city aldermen.

Ald. Druh Farrell said despite recent "big steps" towards slicing into vehicular traffic around the city, noting the ratification of the west LRT leg, possible movement on the southeast LRT with a request put in for part of the province's $2 billion for transportation and a renewed commitment to pedestrian and bicycle traffic routes, the city still isn't doing enough.

"We can't tell people what to buy or how to get themselves from place to place," said Farrell.

"But we can build this city around transit and make it the most cost-effective mode of travel for everyone."

A Plan It Calgary report Farrell expects by the end of the year should help address issues of increased density, more comprehensive transit connections and decreased waiting times while providing the city sustainable direction options.

"We can't tell people what to buy or how to get themselves from place to place. But we can build this city around transit and make it the most cost-effective mode of travel for everyone."
Ald. Druh Farrell

Ald. Brian Pincott said while such things should have been considered over the past 50 years while Calgary was being designed around the car, it's better late than never.

"We must continue to improve transit and other means of commuting and, yes, it should have been part of the plan from the start, but we've experienced some explosive growth and we can't be making the same mistakes of the past," he said.

Calgary was recently ranked behind Windsor, Ont., as the second largest fuel-consuming city in the country.

Holiday **Perfect setup**

ROBIN KUNISKI/FOR METRO CALGARY

Quinten MacLennan, 25, readies for the kill on a perfect Heritage Day Holiday Monday on the beach volleyball court at Shaw Millenium Park.

Violence on scene plaguing EMS staff

NEIL MACKINNON
neil.mackinnon@metronews.ca

A recent spike in violence against Calgary EMS crews may force the life-saving brigade to delay calls until a scene is deemed safe by police.

"There is something to be said about the environment in which we work and we're quite cognizant that there are risks involved," said Stuart Brideaux of Calgary EMS.

"But we're not about to sit back and tolerate the physical abuse of our workers."

Brideaux said EMS does have well-established and ongoing training to deal with on-the-job dangers, including possible acts of violence.

He said it's easily recognizable when someone is traumatized by an incident or mentally unable to comprehend that their actions were wrong, but three separate incidents under investigation over the past week have forced the service to remind Calgarians of their zero-tolerance policy with regards to violent outbursts against staff.

"We will contact police and demand the offenders be held to the full account of the law," he said, adding he hopes the escalation of violence isn't the reflection of an upward trend that would result in a consistent use of hold-back protocol, preventing EMS from proceeding until police secured a scene.

Canada page 4

Faux chicken unites KFC and Pam Anderson

Beijing page 7

Brent Hayden holds nation's swim hopes

Your Money page 6

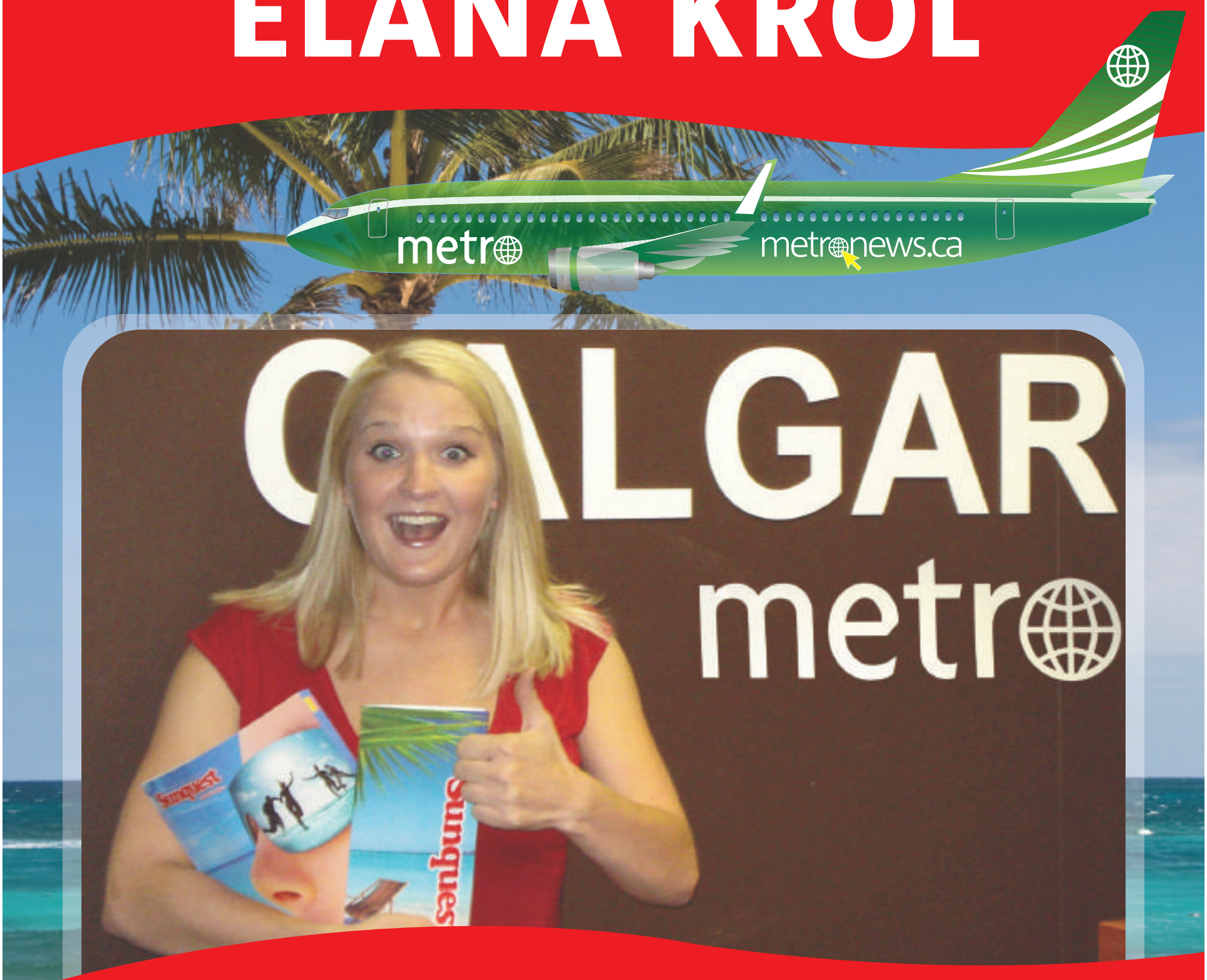
Tax-free savings accounts excite Smart Cookies

Entertainment page 13

Mad Men madness back for season 2

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

CONGRATULATIONS
ELANA KROL



ELANA HAS WON A TRIP FOR TWO TO PUNTA CANA, DOMINICAN REPUBLIC

courtesy of Sunquest, Colony Bay Resort, Metro and metronews.ca

Sunquest

DOMINICAN REPUBLIC
PUNTA CANA / UVERO ALTO
Colony Bay Resort ★★★★
www.gigliohotels.com

metro®
Do it daily.

Bighorn, motorcyclists with story to tell
A bighorn sheep won the highway war with a motorcycle near Highwood House yesterday morning. A 42-year-old woman was flown to Foothills hospital by STARS and a 59-year-old man was flown to hospital in Black Diamond after the collision. All three are in good shape. METRO CALGARY

Local

Fox van coming to city

The original Terry Fox Marathon of Hope van has been restored and will be in Calgary along with Fox's dad, Rolly, on August 27. Fox will be making an appearance in a short parade as part of the cross-Canada Tour of Hope to raise money for cancer research. METRO CALGARY

Double crashes on Trans-Canada

CALAWAY PARK Emergency crews responded to two crashes in as many nights on a stretch of the Trans-Canada near Calaway Park.

Sunday around 11 p.m., RCMP responded to a two-vehicle collision that left four people trapped. Only slight injuries were reported.

At about the same spot and time Saturday, police suspect alcohol was a factor in a single-vehicle ditch crash that left one man taken to hospital by STARS and another two carried to hospital by ground ambulance. METRO CALGARY

metronews.ca
What's online today.

Read Allan Small's investment advice, a recap of the weekend's Lollapalooza music festival in Chicago, and reviews of the video games Overlord: Raising Hell and NCAA Football 09
Watch MetroTube of the Day – video you need to see
Play online Sudoku!

Thousands turn out for history lessons

ALICIA FOX
for Metro Calgary

A bright, sunny afternoon greeted families out to enjoy Heritage Day yesterday.

With many parents off work and the kids still eager to gobble up summer fun, thousands headed down to Heritage Park.

Kathy Fenn, duty manager with Heritage Park, said activities like three-legged races, a dixieland-style band, a magician, and a formal tea kept as many as 6,000 visitors entertained.

"This is a great place to bring family," she said, adding grandparents often revel in showing their grandkids what life was like way back when.

"It helps to ground kids to know their background," Fenn said."I'm a big believer in the saying 'you can't go forward unless you know where you've been."

Among the activities was a pie-eating contest, where Pat Blaire and her 12-year-old grandaughter, Sahhara Leckie, won by eating a whole chocolate cream pie each.

Even though they received a bakery gift certificate for a load of goodies, neither said they were particularly hungry for them.

On a normal sunny day, the park attracts around 3,000 visitors, and Fenn said the festivities for this weekend have been going on for about 20 years.

"It just gets better every year," she said.

Fort Calgary also hosted events, with Mountie flicks, interpretive tours through the park and activities like face painting and crafts for the family.

ALICIA FOX/FOR METRO CALGARY

Olivia Pratt, 4, tries to catch her egg as it tumbles off her spoon in a race at Heritage Park's Heritage Day events yesterday. She made it to the end by going slow and steady.

2 dead, 2 hospitalized after wreck on weekend

Two people are still in critical condition in hospital after an attempted stop by Calgary police over an expired licence plate ended with two people dead in a Sunday morning multiple vehicle wreck.

A minivan sped through two red lights around 1:13 a.m., plowing into a car, and killing the passenger of an SUV at the intersection of 32 Ave. and 68 St. NE.

While the 52-year-old man driving the van also died, two of his passengers are in critical condition at Foothills Hospital, while the lone occupant of the car wasn't hurt in the crash, responded to by five ambulances and STARS. METRO CALGARY

News in brief

DEATH An autopsy is expected to be complete today in the suspicious death of a Marlborough Park woman early Sunday morning. METRO CALGARY

Want a Better Paying Career? Call CDI Today!
School of Health Care
• Massage Therapy
• Medical Administrative Assistant
School of Technology
• Help Desk Analyst
• Network and Internet Security Specialist
School of Business
• Accounting and Payroll Administrator
• Business Administration - Management
• Oil and Gas Administrative Assistant
• Travel and Tourism
• Professional Legal Assistant
Classes Starting Soon!
» Flexible Schedules
» Financial Assistance May Be Available For Those Who Qualify
CDI COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE
cdischool.com
2 Locations in Calgary
1-888-245-6827

HIV treatments just as effective on drug addicts: Study

Drug abusers benefit just as much from HIV drugs as people who are infected sexually or some other way, Canadian researchers reported Sunday. Their findings contradict widespread worry that drug abusers cannot stick to treatment. In many places, drug users are less likely to be prescribed the lifesaving drugs. **REUTERS**

Canada

"The woman and the child had been stuck in the car and the car ran away in the water."

Sgt. Marc Butz of Quebec provincial police speaking about the search for a woman whose car plunged into a lake. Her son was found dead.

Drowning

Witnesses said the car went into the lake from a washed-out section of road in Quebec's eastern Témiscouata region.

CBC NEWS ONLINE

Pam keen on KFC's new bird

One of B.C.'s biggest stars ended her public feud with fast-food giant KFC in Vancouver yesterday.

Pamela Anderson rolled up to a KFC on Davie Street just after noon yesterday to mark the end of a Canadian campaign against KFC by the People for Ethical Treatment of Animals (PETA).

"The colonel would be pleased to have Pamela Anderson support his new faux-fried chicken sandwich," said Nicole Matthews, a campaigner with PETA.

Wearing large dark sunglasses and a black PETA T-shirt, the 41-year-old actress stepped out of a black SUV and greeted fans and curious onlookers.

Amid a swarm of cameras, she marched into the restaurant, ordered a new faux-chicken vegetarian sandwich and wolfed it down on the sidewalk while giving photographers the thumbs up.

RAFE ARNOTT/METRO VANCOUVER

PETA supporter Pamela Anderson ended her feud with fast-food giant KFC yesterday and ordered a faux chicken sandwich at a restaurant in Vancouver.

Anderson, who was born in Ladysmith, B.C., and was discovered at a B.C. Lions game, has been among those attacking the fast food restaurant for the past five years over the way its chickens are farmed and slaughtered.

Anderson even narrated a PETA documentary about the chickens' treatment. However, over the past couple months, KFC (in Canada) has worked with PETA to improve the welfare of birds, including changing the way chickens are killed — rendering them unconscious instead of slitting their throats while still awake.

PETA campaign

PETA's campaign against KFC continues around the world and in the U.S.

Accused on suicide watch

JEFF CUMMINGS
Metro Canada

BEHEADING A 40-year-old Edmonton man accused of repeatedly stabbing and beheading 22-year-old Winnipegger Tim McLean on a Greyhound bus remains on suicide watch, says an employee at the Winnipeg Remand Centre.

During a brief phone interview with Metro yesterday, the employee said Vince Li has been moved into the centre's segregation unit and is currently being watched by five guards.

"That's all I can say at this point," said the employee who wanted to remain anonymous.

Li, who faces a second-degree murder charge, has reportedly refused to speak to a lawyer and admitted he's suicidal. Li, who had no previous history with police according to RCMP, is expected to make another court appearance.

News in brief

B.C. FEET What appears to be another sneaker-clad human foot has washed ashore in waters near British Columbia, this time in Washington state, U.S. newspapers report. A sample has been sent to the RCMP to confirmed the finding.

QUEBEC FLOODS Provincial cabinet ministers toured flood-stricken areas of Quebec yesterday and promised the government would help those in need. Some areas received as much as 70 millimetres.

METRO NEWS SERVICES

Are Migraine Headaches Disrupting Your Life?

You May Qualify For a Research Study If You:

- Are 18 to 65 years old
- Experience 5-14 days with a migraine per month
- Have ever experienced any of these symptoms before or with a migraine:
  - Vision changes
  - Tingling
  - Blurred vision
  - Numbness
  - Difficulty speaking
- Have tried at least 2 medications prescribed by your doctor and taken every day to prevent migraines

Participants will be seen by a doctor and receive all study-related care, including travel, at no cost.

Call Now

1-866-286-1525

prima MIGRAINE CLINICAL TRIAL INTERNATIONAL

Calgary Foothills Hospital

Lose Weight... Feel Great!

With International Laser Clinics' Weight Loss Management Program (LWL™)

What is LWL™?

International Laser Clinics' Laser Weight Loss Management is a complete system combining the benefits of cold laser technology along with a comprehensive nutritional program. Not only will you shed those unwanted pounds naturally without drugs, pills or side-effects, but you will look and feel better...all with one on one weight loss support with one of our Program Coordinators.

How Does Cold Laser Help You Lose Weight?

LWL™ treatments stimulates your metabolism thereby helping your body to use food more efficiently instead of storing it as fat. In addition, your appetite will be surpressed. LWL™ is also highly effective in relieving stress, which in turn will help alleviate food cravings.

To find out more about LWL™, simply call one of our clinics or better still make an appointment for a no-charge consultation.

INTERNATIONAL LASER CLINICS

Mission Square Building — #920 , 2424 - 4 ST. S.W.

T: (403) 802-0300 • F: (403) 802-0301

Freeman in serious condition

Oscar-winning U.S. actor Morgan Freeman was hospitalized in serious condition yesterday with a broken arm and other injuries after the car he was driving careened off a rural highway in Mississippi and rolled several times, authorities said. REUTERS

World/Business

Bombs kill 16 Chinese police

Suspected Muslim separatists with homemade bombs killed 16 police in Western China yesterday, state media said, reporting one of the worst attacks by militants on Chinese soil just four days before the Olympics.

The attack, about 4,000 kilometres from the capital in the old Silk Road city of Kashgar, was a reminder of internal tensions in China, especially in its largely Muslim west.

Police had warned ethnic Uighur separatists were planning attacks in the run-up to the Games.

They said they arrested two people for the attacks in Kashgar and identified them as Uighurs. REUTERS

News in brief

RUSSIA Russian Prime Minister Vladimir Putin led tributes yesterday to the late Alexander Solzhenitsyn, the Nobel literature laureate and prominent dissident of the Soviet era, saying his death was a loss for all of Russia. Solzhenitsyn died in his house in Moscow of heart failure on Sunday aged 89.

STORM Tropical Storm Edouard disrupted shipping, cut refinery production and shut some offshore oil and gas output yesterday as it churned across the Gulf of Mexico toward the upper Texas Coast today.

ENVIRONMENT An assessment for an IUCN "Red List" of endangered species released yesterday found that 48 per cent of the world's monkeys and apes are facing a worsening threat of extinction because of deforestation and hunting.

HOSTAGES Hely Mejia Mendoza, a senior member of Colombia's FARC guerrillas, has been charged for his role in the hostage-taking of three Americans who were rescued last month, the U.S. Justice Department said yesterday. REUTERS

METRO Calgary

3030 – 3 Avenue NE, Suite 120
Calgary, AB T2A 6T7
Tel: 403-444-0136
Fax: 403-539-4940

Advertising:
adinfocalgary@metronews.ca
Distribution inquiries:
calgary_distribution@metronews.ca

metro_inquiries@metronews.ca
calgaryletters@metronews.ca

Local:
Publisher, Steve Shrout
Managing Editor, Darren Krause
darren.krause@metronews.ca
Marketing Manager, Blaine Schlechter
Distribution Manager, Dave Mak
National:
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive Director, Jodi Brown

Please recycle
metro Do it daily.

Metro is the world's largest newspaper, with more than 20 million daily readers in 100 major cities in 21 countries. metronews.ca

Business

Active traders replace day traders of 1990s

A growing number of Canadians are becoming "active traders," embracing volatile stock markets instead of shying away, say discount brokerages.

While active traders — those who buy or sell at least 10 times a month — make up only about three per cent of an estimated three million online accounts in Canada, they are responsible for about a third of trading volume.

Experts say recruits are getting on board because of improved technology, a plethora of available research and sizeable fee reductions in recent months.

Most brokerages slashed fees to less than $10 a trade last fall.

TD Waterhouse is Canada's industry leader. The brokerage's retail trade volume is up nearly 35 per cent year over year based on data for the month of June. Gross new accounts are up 21 per cent during that period.

TORSTAR NEWS SERVICE

Trader vs. trader

- John See at TD Bank Financial Group says active traders are older, better-educated and wealthier than the day traders of the 1990s and have interest in fundamentals. Their demographic is also shifting to women and immigrants, particularly Chinese.

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%

Interest rates/Savings accounts
METRO NEWS SERVICES

Your Money

HiSAVE Savings Account
3.40% C$
Apply online : icicibank.ca
ICICI Bank
All interest rates are expressed on a per annum basis and are subject to change any time without notice. Interest on HiSAVE Savings Account is calculated on the daily closing balance and paid monthly. ICICI Bank and logo and the HiSAVE name are registered trademarks.

YOUR MONEY EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

InvestmentPerspective

Read this week's column at metronews.ca

The not-so-fine line between a hobby and a commercial enterprise

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Q I've worked in retail for more than four years. However, my passion is photography. This year, I spent more than $3,000 on photographic equipment which I used extensively on my last vacation. My boyfriend suggests I register a business and deduct these as costs. Is that possible? Teresa

A Expenses incurred for the purpose of earning business income may be deducted for tax purposes. These would include such costs as advertising, office supplies, accounting and legal fees, auto expenses, material costs, etc. A family trip to Disney and pictures with Mickey would not be deductible.

Costs incurred in the enjoyment of an individual's hobby are not deductible for tax purposes. The act of registering a business in itself doesn't necessarily mean the entity qualifies as a business for tax purposes.

Those who pursue activities such as art, music, photography, writing and the like as hobbies should be diligent that their activities are commercial in nature if they're going to claim expenses. Proper books and records are essential in making legitimate claims. Here are some factors the tax courts may use to determine if expenses are legitimate claims:

- Expenses incurred for earning income.
- Reasonable expectation of profit.
- Intention of individuals.
- Time devoted to business enterprise.
- Capital utilized.

"Costs incurred in the enjoyment of an individual's hobby are not deductible for tax purposes."

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

Anticipating the delights of tax-free savings accounts

SmartCookies

smartcookies.com

We'll admit we did a little happy dance when we heard that the federal government will be offering tax-free savings accounts (TFSA) to taxpayers 18 years and older in 2009.

Let's be real — it's not every day our government introduces a new tax savings vehicle. You can be sure that we'll be some of the first in line to register and we think you should be too.

With the introduction of tax-free savings accounts, the government hopes to motivate Canadians to contribute towards their savings. As of January 1, 2009, Canadians will be able to deposit up to $5,000 each year into these new tax-free savings accounts. The accounts will enable individuals to save for future investments, perhaps a new home, car or child's education, and earn interest on these funds without being taxed on the earnings.

Similar to an RRSP, unused savings contributions can be carried forward to the next year. So if you don't contribute $5,000 one year, you can contribute more than $5,000 the next year. And, unlike an RRSP, Canadians will not be penalized for withdrawals. In fact, withdrawing funds will create space for future contributions — we love it!

We became even more excited when we started crunching the numbers and worked out the potential tax savings. Because the interest income earned within a TFSA will not be taxed, a Smart Cookie contributing $200 a month to a TFSA for 20 years will accumulate about $11,045 more in savings than if the investment had been made in a taxable savings account. We're sure you could find creative ways to put $11,000 to good use.

Already a number of major Canadian banks are gearing up to offer these tax-free savings accounts. For example, ING Direct, one of our favourite institutions for GICs and high interest accounts, has begun promoting the top 10 benefits of the tax-free savings account. So if you weren't motivated to save before, you have less than six months to get ready to save and invest in a bright new future. As our friends at ING say, there's no such thing as savers' remorse.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

CAR INSURANCE
More Quotes = Greater Savings!
InsuranceHotline.com
DOES YOUR HOMEWORK
InsuranceHotline.com
Your Search Engine for the Lowest Insurance Rates
Rates between insurance companies can vary by 100's, even 1,000's of dollars for the same car and driver.
Look at this chart.
RATE COMPARISON
Driving Record | Lowest Price | Highest Price | Price Difference
Clean Record | $958 | $2,213 | $1,255
1 Ticket | $1,018 | $2,552 | $1,534
1 Accident | $1,849 | $3,753 | $1,904
Fortunately, the math is simple. Getting quotes from more insurance companies on your car insurance should lead to greater savings. But who has the time?
InsuranceHotline.com can help with your homework by quoting over 20 major insurance companies and arranging them by the 3 lowest rates.
It's fast, safe and FREE.
GET THE 3 LOWEST RATES
FROM OVER 20 MAJOR INSURANCE COMPANIES
Go online to InsuranceHotline.com

LOW Daily GAS PRICES
BETTER VALUE... EVERYDAY!
3¢ PER LITRE
Cash Back
BETTER VALUE...EVERYDAY!
FAS GAS PLUS LITRE LOG
CASH BACK LITRE LOG
SAVE 3 CENTS A LITRE WITH YOUR LITRE LOG!
FAST SERVICE • ATM • LOTTERY
QUALITY COFFEE • SANDWICHES • SNACKS
BEVERAGES • MILK • MAGAZINES • PHONE CARDS
WESTERN CANADA'S FASTEST GROWING FUEL BRAND!
FAS GAS
• 740 NORTHMOUNT DR. NW
• 9925 FAIRMOUNT DR. SE
• 3719 17 AVE SE (FOREST LAWN)
• 3624 CENTRE ST. NE
FREE Daily metro Available Here!

Women's soccer team takes to the field
The Canadian women's soccer team takes on Argentina at 3 a.m. tomorrow to open their medal bid. METRO NEWS SERVICES

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Swimmer Hayden eyes medal

MARTY YORK
Metro Canada

Only one Canadian, we're told, has any shot whatsoever of making a big splash in the swimming pool at the Olympic Games in Beijing.

He's a world champion — Brent Hayden of Mission, B.C. — but, frankly, we can't even be overly optimistic about his chances.

"He should make the final," says Byron MacDonald, CBC's swimming analyst, "but I don't think he'll reach the podium."

So how can a 24-year-old world champion in the prime of his career not be a medal favourite?

Well, first, let's clarify: Hayden is the world's co-champion, because he and Italy's Fillippo Magnini were co-winners of the men's 100-metre freestyle race during last season's world championships. Second, Hayden's best time of 48.30 would only place him ninth in the world at this point. And, third, Hayden suffered a back injury, which has slowed him down — at least a bit.

JEFF VINNICK/GETTY IMAGES
Swimmer Brent Hayden.

And you wouldn't believe how he was hurt. It wasn't in a pool or in a gym; it happened while he was modelling.

"All the hours of posing," he said. "The back just tightened up on me."

While he still competed at the Canadian Olympic trials in April and won his 100-metre freestyle race, Hayden was rushed afterward to hospital, where tests revealed a small, nerve-touching bulge in a lower-back disk.

Training has been difficult for him since, but he insists he's ready for the Olympics. Even his asthma doesn't discourage him: "There'll be no excuses," he said. "I'm going for gold."

As soon as he got gold at the 2007 world championships in Australia, Hayden became recognized as the one Canadian swimmer with a legitimate chance to earn an individual medal in Beijing. He is also a podium threat with the rest of the men's 4x200-metre freestyle team.

The pressure's on, but "my relaxed attitude keeps me grounded," he said. "I want to win a medal and I'm not worried about what other people expect."

Hayden has overcome adversity before.

Shortly before his accomplishments in Australia, his grandfather died.

"It was really hard trying not to cry in my interviews because I knew I wasn't going to see him when I got home," he said.

And shortly after swimming in the Olympics in Athens four years ago, Hayden inadvertently walked into a street demonstration while out on the town and wound up being beaten by Greek police officers.

"I saw a psychologist because of that," he said. "It took me months to get over it.

"When I tried to get back into training, I'd have mental breakdowns and would start crying."

He hopes to be crying tears of joy in Beijing.

They shouldn't have to live with our garbage.
Join the TD Great Canadian Shoreline Cleanup
Help thousands of Canadians from coast to coast as we clean the shores of our ponds, streams, rivers, lakes and oceans between September 20 and 28, 2008.
Register by August 31 at vanaqua.org/cleanup or call 1-877-427-2422 and you could win a Canadian Sailing Expeditions cruise.[1]
vancouver aquarium™
CONSERVATION PARTNERS
The Ocean Conservancy CAZA AZAC WWF
TD Friends of the Environment Foundation
1. Canadian Sailing Expedition travel package (approximate retail value of CDN $10,000) will be awarded to a randomly selected winner. Odds of winning depend on the number of eligible entries received. Open to Canadian residents over age of majority. Skill-testing question required. No purchase necessary. Contest ends 11:59:59 p.m. Pacific Time on August 31, 2008. Full Rules are available at www.vanaqua.org/cleanup ©1986 Panda symbol WWF-World Wide Fund For Nature (also known as World Wildlife Fund) ® "WWF" is a WWF Registered Trademark

McBride Career Group Inc.
Are you on AISH and have a Medical and/or Physical Condition?
Are you Interested in Obtaining Basic Office Skills?
Our Basic Office Skills Training Program Assists Adult AISH Individuals who have Medical and/or Physical Challenges by:
- Providing training in Basic Office Skills
- Teaching skills on how to apply knowledge through Work Experience Placements
- Assisting in entering the workforce, or returning to training/school to enhance their careers, or increasing community involvement through volunteer services.
CALL NOW!!!! (403) 290-1000

Vipers in second place
The Calgary Vipers currently have a record of 10-9 and sit in second place in the Golden Baseball League's North Division, 2½ games behind the Edmonton Cracker-Cats. METRO NEWS SERVICES

Series Preview

Snakes set out to stop slide

Vipers hope to get back in win column against Armada

LAURENCE HEINEN
for Metro Calgary

The Calgary Vipers hope to return to their winning ways starting tonight (7:05 p.m. at Foothills Stadium) with the first of three straight games against the Long Beach Armada.

Veteran Viper Carlos Duncan said that he expects Long Beach (9-9) to put up good fight as the Armada is right in the thick of an intense battle for first place in the second-half standings in the South Division of the Golden Baseball League.

"They're going to come to play against us here," said Duncan, who went two-for-three with a pair of runs scored during an 8-6 loss to the Edmonton Cracker-Cats on Sunday. "Hopefully we make adjustments and try to win a couple games against them."

With the loss to Edmonton, Calgary fell to 10-9 in the second-half standings in the GBL's North Division. It was the third straight loss to the Cats (13-7) for the Vipers and their fourth setback in a row.

Duncan, who's in his fourth straight season with Calgary, said the Vipers have what it takes to turn things around heading into the stretch run.

LAURENCE HEINEN/FOR METRO CALGARY

Vipers first baseman Carlos Duncan thinks the team can rebound from three-straight losses to the Edmonton Cracker-Cats.

"We don't have to hesitate," said Duncan, who was Calgary's co-MVP last season after hitting .350 with 13 homeruns and 82 runs batted in. "We know we have a good team. We just have to put everything together. I know everything's going to come back to us."

Despite the recent slide, Duncan has had a hot bat for the Vipers in the past seven games. During that span, the 31-year-old first baseman has compiled a .414 batting average to go with three homeruns, 11 runs batted in and eight runs scored.

Thanks to his recent hot streak, Duncan raised his average to .339 in 25 games played this season after missing much of the early going with the Vipers.

"I just injured my ACL in my right knee during spring training," said Duncan, who hails from San Pedro de Macoris in the Dominican Republic.

"I feel much better. I'm starting to come back. Right now I just cheat a little bit at home plate. I don't feel really comfortable, so I just continue working hard and try to make adjustments."

Playing baseball in Calgary over the past four seasons has been an adjustment all around for Duncan, who's used to warmer climates.

"The first year for me was really a struggle because of the weather," said Duncan, who has appreciated the warm reception he received from the Vipers management and fan base. "Now, I've gotten used to the weather. I like the city. That's the reason I stay here."

After the three-game set against the Armada, the Vipers will host the Yuma Scorpions in a four-game series starting on Friday night (7:05 p.m.) with Foam Finger Giveaway night at Foothills Stadium.

The same two teams will play a double header starting at 5:05 p.m. when former Calgary Flames captain Theoren Fleury will suit up for the Vipers. The series will wrap up with an afternoon game (1:35 p.m.) on Sunday at Foothills Stadium.

SNAKE BITES: Calgary ace Evan Greusel will take to the mound tonight against the Armada in an effort to improve on his 7-2 record and 3.92 earned run average. … Rookie Viper outfielder and Calgary native Colin Moro sits third in the GBL with an on-base percentage of .455, while teammate Darryl Brinkley is in fifth at .452. … Veteran Calgary slugger Drew Miller has a slugging percentage of .633, which puts him fourth in the GBL in that category.

LAURENCE HEINEN/FOR METRO CALGARY

Former Calgary Flames player Theoren Fleury will be starting for the Vipers in Saturday's game.

Fleury ready for Vipers debut

LAURENCE HEINEN
for Metro Calgary

Theoren Fleury will return to the local sporting scene as a member of the Calgary Vipers this Saturday.

With Fleury on the sidelines wearing a No. 7 Vipers jersey on Sunday afternoon, the Vipers announced that the former Calgary Flames captain will start next Saturday against the Yuma Scorpions.

"I've always loved baseball my whole life," Fleury said after Sunday's contest. "It was fun to come out today and just hang out and see what goes on."

As for next Saturday's game, Fleury's taking a wait-and-see approach to his professional debut in the Golden Baseball League.

"It's a big game," said Fleury, who will practise with the Vipers this week to get ready for the contest. "I'll be out here all week hitting some balls."

While he doesn't know yet what position he'll play, Fleury doesn't anticipate that he'll feel nervous when taking to the field at Foothills Stadium.

"I used to be a catcher, but I don't think I'll be catching," said Fleury, who would like to see the Vipers draw better crowds in their final 15 home games of the regular season before the playoffs. "We'll see what happens. I hope the Vipers at least fill the stands. That would be nice."

Although the Vipers are currently in the midst of a four-game losing streak, Fleury said he expects the squad to bounce back with strong showings against the Long Beach Armada and Scorpions this week.

Passport Canada Passeport Canada

Avoid the rush. Apply for your passport today.

Starting June 1, 2009, a U.S. law will require Canadians to present a valid passport to enter the United States by water or land. If you don't have a passport, avoid the rush. Apply for your passport today to ensure you have it when you need it. Remember, the passport is the recommended travel and identification document for all Canadian travellers.

U.S. law already requires Canadians to present a valid passport to enter the U.S. by air. The NEXUS card is also an accepted travel document to the U.S. Canadians aged 15 and under may present a birth certificate or a citizenship card instead of a passport when travelling to the U.S. by water or land.

To apply for your passport, or to find a service location near you, please visit or call:
passportcanada.gc.ca
1 800 O-Canada
(1-800-622-6232)
TTY: 1-800-926-9105

Canada

Lester named top AL pitcher for July
Boston Red Sox left-hander Jon Lester was named the American League's Pitcher of the Month for July, posting a 3-0 record with a 2.05 earned run average. For the season, Lester is 10-3 with a 3.14 ERA and 101 strikeouts in 146⅓ frames. **METRO NEWS SERVICES**

Sports

Favre reinstated, back with Packers

The NFL officially reinstated veteran quarterback Brett Favre, left, yesterday, clearing the way for his return to the Green Bay Packers. NFL commissioner Roger Goodell's announcement ended constant media speculation on the 38-year-old's playing status after he had retired earlier this year. Meanwhile Goodell has completed his review of tampering charges levied by the Green Bay Packers against the Minnesota Vikings involving quarterback Favre and said no league rules were violated.

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Don't expect a golden Games

YorkReport

Marty York

marty.york@metronews.ca

With apologies to world-champion kayaker Adam van Koeverden, and perhaps a few others in this country, there will be no gold medals for Canadians at the coming Olympics in Beijing.

So says Daniel K. N. Johnson, an economics professor from B.C. who devised a formula in 1999 that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

Johnson is predicting Canada will finish 16th in Beijing. Before the Athens Olympics in 2004, he predicted the United States would win 103 medals, including 37 golds. The U.S. team wound up with exactly 103 medals, 35 of which were gold. His formula's overall medal accuracy exceeds 94 per cent.

Johnson, who teaches at Colorado College, uses a formula that considers per-capita income, population, climate, political structure and home-nation advantage.

"We use no information about athletes, about their training programs, about how they've done in previous games," Johnson said. "It's just pure economics."

His formula's success rate has beaten "every bookie on the market," he said. "It's beaten Sports Illustrated and all the Olympic committees, national and international. It surprises even us that such a simple model performs so very well."

• Ron Lancaster was a great CFL quarterback but he also smoked a lot and, sadly, we're told he's battling lung cancer. He personally asked former Tiger-Cat assistant coach John Salavantis to replace him recently as Hamilton's radio analyst … Speaking of the Ticats, don't be surprised if Charlie Taaffe is replaced as their head coach if his team loses to the Toronto Argonauts Thursday … And don't be surprised also if Doug Berry is out as the Blue Bombers' head coach if Winnipeg loses to the Montreal Alouettes Friday. … Both Hamilton and Winnipeg are three-point underdogs at home this week … And how the heck did referee Jake Ireland make yet another blunder by believing Calgary linebacker JoJuan Armour deliberately knocked down an umpire early in the Stampeders' loss Saturday? How could Ireland eject Armour? Isn't it time for the CFL to eject Ireland? Permanently?

• ESPN's E.J. Hradek on the Vancouver Canucks: "They're going nowhere. (New general manager) Mike Gillis doesn't know what he's doing."

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

CFL admits that ref botched Armour ejection

DAN TOTH
for Metro Calgary

CFL The Calgary Stampeders are on a two-game losing streak but can claim one victory off the field, albeit minor.

The Canadian Football League has admitted its on-field crew fumbled the ball when it ejected linebacker JoJuan Armour for physically abusing an official early in Saturday's crucial 22-21 loss to the Saskatchewan Roughriders at McMahon Stadium. Replays proved Armour was forced into the ref after being blocked from behind by a Roughriders' player.

Armour

A contrite Tom Higgins, CFL Director of Officiating, said the ejection was a regrettable gaffe and the offending official will be dealt with internally.

The loss of Armour was a critical turning point in the game and his absence aided the Riders in piling up 175 yards rushing, including 139 by star tailback Wes Cates.

"I wasn't surprised (by the league's decision)," said Armour.

"I knew what happened and tried to explain (to the officials) what happened, but for whatever reason they wouldn't hear it and I got ejected."

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
Toronto 6 Oakland 1
Cleveland 5 Tampa Bay 2
Kansas City 4 Boston 3
Texas 9 N.Y. Yankees 5
Baltimore at L.A. Angels
Minnesota at Seattle

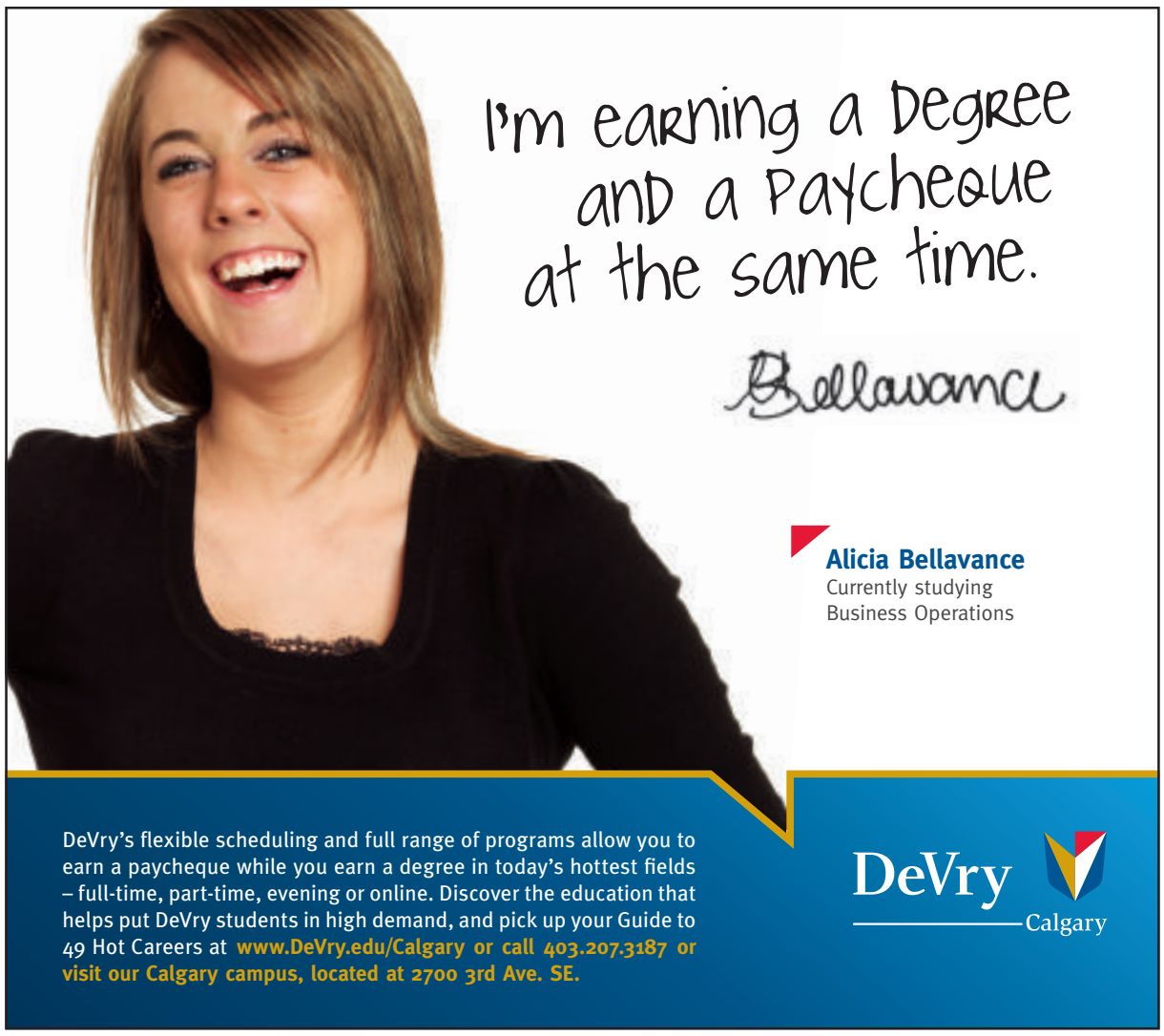
NATIONAL LEAGUE
Cincinnati 6 Milwaukee 3
Washington 9 Colorado 4
Houston at Chicago Cubs
Pittsburgh at Arizona
Atlanta at San Francisco

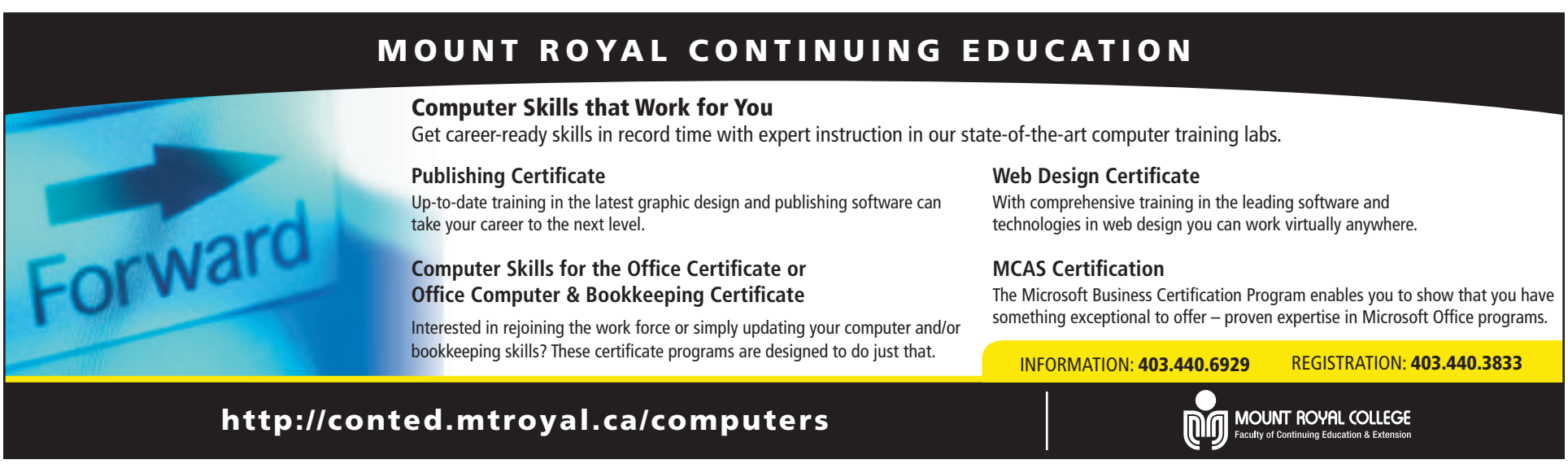
CFL

SATURDAY'S RESULT
Saskatchewan 22 Calgary 21

LOTTERIES

Friday, August 1, 2008
Lotto Super 7 1, 14, 24, 26, 31,36 & 45. Bonus 13.
Saturday, August 2, 2008
Lotto 6/49 2, 9, 26, 44, 47 & 49. Bonus 34.
Results not official


I'm earning a Degree
and a Paycheque
at the same time.
Bellavance
Alicia Bellavance
Currently studying
Business Operations
DeVry's flexible scheduling and full range of programs allow you to earn a paycheque while you earn a degree in today's hottest fields – full-time, part-time, evening or online. Discover the education that helps put DeVry students in high demand, and pick up your Guide to 49 Hot Careers at www.DeVry.edu/Calgary or call 403.207.3187 or visit our Calgary campus, located at 2700 3rd Ave. SE.
DeVry
Calgary


MOUNT ROYAL CONTINUING EDUCATION
Forward
Computer Skills that Work for You
Get career-ready skills in record time with expert instruction in our state-of-the-art computer training labs.
Publishing Certificate
Up-to-date training in the latest graphic design and publishing software can take your career to the next level.
Computer Skills for the Office Certificate or
Office Computer & Bookkeeping Certificate
Interested in rejoining the work force or simply updating your computer and/or bookkeeping skills? These certificate programs are designed to do just that.
Web Design Certificate
With comprehensive training in the leading software and technologies in web design you can work virtually anywhere.
MCAS Certification
The Microsoft Business Certification Program enables you to show that you have something exceptional to offer – proven expertise in Microsoft Office programs.
INFORMATION: 403.440.6929 REGISTRATION: 403.440.3833
http://conted.mtroyal.ca/computers
MOUNT ROYAL COLLEGE
Faculty of Continuing Education & Extension

Sweet fruit drinks not so healthy

Sweetened fruit drinks are often marketed as a healthier alternative to non-diet soft drinks but are just as likely to cause weight gain and increase the risk of diabetes, researchers said last week. REUTERS

Health

Increased stroke risk

Nonsmokers married to smokers have a greatly increased chance of having strokes, according to a U.S. study published last week showing yet another hazard from secondhand smoke. Being married to a smoker raised the stroke risk by 42 per cent in people who have never smoked compared to those married to someone who never smoked, the researchers said. REUTERS

HEALTH EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Plumbing problems?

Urinary tract infections can be more prevalent in summer

CELIA MILNE
for Metro Canada

Do you feel like you have to pee all the time?

You're certainly not alone. You may have a bladder infection or an infection in another part of your urinary tract (urethra, ureters or kidneys).

Urinary tract infections are a common problem in women, and may be more prevalent in the summer.

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months," says Dr. Dan Ezekiel, a family doctor in Vancouver.

These infections often occur in women after sex and "maybe there is more sex going on in the summer," surmises Dr. Ezekiel.

Signs of a UTI are: burning sensation when you pee; needing to go pee often; feeling the urge to urinate even when you don't need to; leaking urine; blood in the urine; fever; feeling sick. If you have these signs, you should see a doctor, who can treat the infection with antibiotics and also rule out a more serious illness.

The best way to prevent UTIs is to drink plenty of fluids, as they will help flush away the infection.

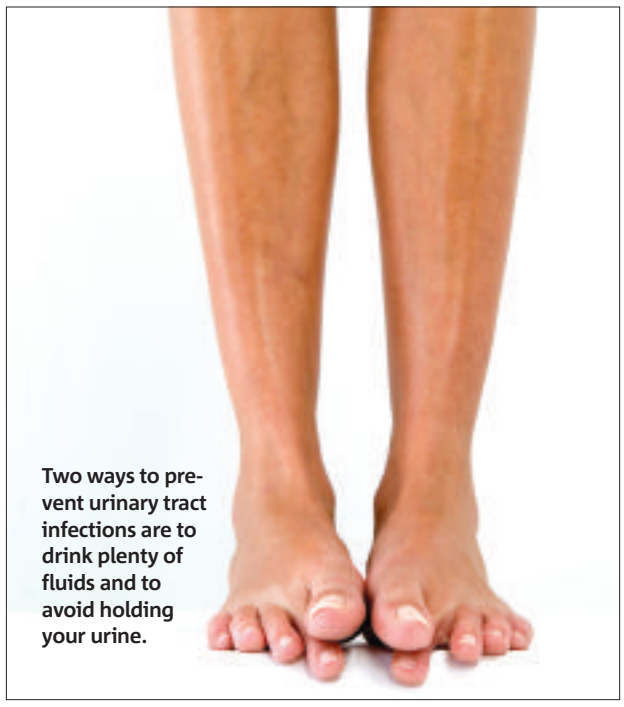
Cranberry juice — especially the unsweetened kind found in health food stores — is useful in helping prevent these infections.

"UTIs can arise if you're dehydrated, and there is definitely more dehydration in the summer months... (and) maybe there is more sex going on in the summer."
Dr. Dan Ezekiel, family doctor

Dr. Ezekiel also suggests cleaning your genital area well and/or douching after having intercourse.

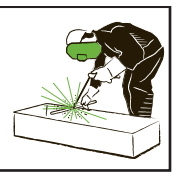
Other tips, adapted from the College of Family Physicians of Canada website, include:

- Don't hold your urine; go to the bathroom as soon as you need to.
- After a bowel movement, wipe from front to back, as infection can spread from the anus to the urethra.
- Go pee right after having sex, to help wash away bacteria.
- Try using a water-based lubricant, such as K-Y Jelly, during sex.
- Women who use a diaphragm are more susceptible to UTIs, so try a different method of birth control.



Two ways to prevent urinary tract infections are to drink plenty of fluids and to avoid holding your urine.

CHINOOK LEARNING SERVICES
Calgary Board of Education
Continuing Education



TRUTH IN A BOTTLE™
ORGANIKA®
HEALTH PRODUCTS INC

ISO 9001 certified company

Get ready for the final days of summer with Organika's Cider-Vin™.

Apple Cider Vinegar has recently been receiving rave reviews for it's weight loss properties.

Organika's Cider-Vin™ is the highest potency, unrefined Apple Cider Vinegar on the market!

COMMUNITY natural foods
nourishing our community since 1977
Tenth Avenue Market & Café
1304 - 10 Ave SW Calgary, AB. T3C 0J2
phone: 403-229-2383
Chinook Station Market
202 - 61 Ave SW, Calgary, AB. T2H 0B4
phone: 403-541-0606

AIR CANADA VACATIONS

Save up to 40% on short getaways

Escapades

Las Vegas
EARN 500 AEROPLAN MILES† PER MEMBER
Caesars Palace • 4 1/2 ★
Classic rm. • Sept. 1, 9, 28 & 29 • 3 nts.
Receive $100 resort credit per room, per stay
$599
Plus taxes & other fees: $167.

London
EARN 8,600 AEROPLAN MILES† PER MEMBER
Royal National Hotel London • 3 ★
Breakfast • Standard rm. • Sept. 5, 11, 12, & 26 • 3 nts.
$899
Plus taxes & other fees: $620.

Honolulu, Hawaii
EARN 1,750 AEROPLAN MILES† PER MEMBER
ResortQuest Waikiki Beach Hotel • 3 1/2 ★
Partial oceaview rm. • Sept. 1, 8, 15 & 22 • 5 nts.
via Vancouver
$1099
Plus taxes & other fees: $149.

aeroplan
aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between August 5 & 9/08. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger, and are awarded on flight-inclusive travel only, and are per Aeroplan member. ■ ®Aeroplan is a registered trademark of Aeroplan Limited Partnership. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.

Keane achieve Perfect Symmetry
Keane have announced details of their new album. The trio said it has experimented on Perfect Symmetry, the band's third studio LP. It's due out Oct. 13. **ANANOVA.COM**

Entertainment

Thriller
Nicolas Cage, left, and director John Carpenter are to team up for a prison thriller, Scared Straight. Filming is to start in October.
Ananova.com

ENTERTAINMENT EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Applegate has cancer

"Christina is following the recommended treatment of her doctors and will have a full recovery."
Ame Van Iden, spokeswoman

Actress Christina Applegate, famed for playing the ditzy daughter Kelly Bundy on television comedy Married ... With Children, is fighting breast cancer, but is expected to make a full recovery, her spokeswoman said on the weekend.

Applegate, 36, was diagnosed with cancer during a regular MRI, spokeswoman Ame Van Iden said in an e-mail.

"Christina is following the recommended treatment of her doctors and will have a full recovery," Van Iden said.

Applegate, whose mother, Nancy Priddy, battled both breast cancer and cervical cancer, has been an advocate for breast cancer research.

She rose to fame in the 1980s on Married ... With Children, won an Emmy for a guest role as Jennifer Aniston's sister on Friends, and now plays an amnesiac in her own television sitcom, Samantha Who?

Applegate's cancer diagnosis was reported earlier by the Hollywood gossip TV show Extra. **REUTERS**

GETTY IMAGES

Christina Applegate was diagnosed with breast cancer, but is expected to make a full recovery.

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to studio estimates:

1. **The Dark Knight:** $43.8 million US
2. **The Mummy: Tomb of the Dragon Emperor:** $42.5 million
3. **Step Brothers:** $16.3 million
4. **Mamma Mia!:** $13.1 million
5. **Journey to the Center of the Earth:** $6.9 million
6. **Swing Vote:** $6.3 million
7. **Hancock:** $5.2 million
8. **WALL-E:** $4.7 million
9. **The X-Files: I Want to Believe:** $3.4 million
10. **Space Chimps:** $2.8 million

REUTERS

Entertainment in brief

SURPRISED Nikki Blonsky's friend and Hairspray costar Brittany Snow is taken aback at the news of Blonsky's arrest for alleged assault, People.com reports. "I really hope the best for her, ... she's one of the sweetest girls I've ever met." Blonsky, 19, and her dad were arrested after a brawl with America's Next Top Model contestant Bianca Golden's family. Golden was also charged with assault. **METRO NEWS SERVICES**

MUSIC ABBA made British chart history on Sunday as its Gold — Greatest Hits compilation became the oldest album to reach No. 1, thanks to the hit movie Mamma Mia! First released in 1992, the album has topped the charts four times before, but Sunday was the first time it had taken the No. 1 spot after such a long interval. **REUTERS**

ZERO DEGREES OF SEPARATION
between you and the red carpet
YOU COULD
WIN THE ULTIMATE
BEHIND-THE-SCENES
EXPERIENCE AT ET CANADA FESTIVAL CENTRAL
To enter visit GlobalTV.com/degree
Global
Women
Degree®
Degree. It Won't Let You Down.
No purchase necessary. Open to Canadian residents over the age of majority from July 14 at 10:00 am - 10:00 am EDT on August 12, 2008. Limit one (1) entry per email address per day and one (1) additional bonus entry per day. One Grand Prize trip to Toronto APV of $8000. Skill testing question must be answered correctly. Odds of being selected depend on the number of eligible entries received. See www.GlobalTV.com/degree for full contest details.

Princess Diaries co-star Matarazzo engaged

The Princess Diaries co-star Heather Matarazzo is engaged to Carolyn Murphy, whom she has been dating for more than a year. No wedding date has been announced. **STARMAGAZINE.COM**

Entertainment in brief

MOVIES A third Scooby-Doo movie has begun production in Vancouver, but will bypass theatres and feature a cast of unknown actors. Scooby-Doo: In the Beginning, a live-action/computer-animated film, will debut on Cartoon Network in fall 2009 when it also will be released on DVD. **REUTERS**

YOU COULD
WIN 1 OF 40 DOUBLE PASSES
TO SEE AN ADVANCE SCREENING OF STAR WARS – THE CLONE WARS

VISIT METRONEWS.CA AND ENTER FOR YOUR CHANCE TO WIN!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 7, 2008. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

metro Do it daily.

Help for woes is at hand

HineSight

Anne Hines

I've never understood paying a psychiatrist to explain what's wrong with me. I have relatives who'll do that for free.

But, if I'm feeling a little down I do spend an hour with a trained professional. Marni, my manicurist. When you're in Marni's chair, the only thing that might be blue is your polish.

Marni: "I dunno. Men. You can't live with them, you can't push them in front of a train. Ask my aunt. I told my fiancé I'm not going to work once we get married. Just sit home all day. You know what he said? 'That's OK by me, honey.'

What's that about? I'd go crazy staying in that apartment. I said, 'I have to get out, you know. Women need to work too.' And he said, 'If you want to work, that's OK.' What am I supposed to do with that? He keeps changing his mind. Stick out your tongue. Oh that's bad. I read an article. You're not eating enough liver. Or too much. One or the other. I've got a recipe. Put a chicken liver in a pan with the claws and beak and everything. You know, like usual.

Add mugwort. Whatever kind you got, you don't need the fancy type. Cook it over low, medium low, high heat. Take that look right out of your tongue. And, if you got any left, you can use it to clean your countertop. Works perfect.

What colour you want today? Not pink. You're a Leo. Pink isn't good for Leos. If you were Gemini you could have pink, no problem. For Leo, wearing pink saps your power. I read an article. Orange. That's your power colour. Makes you virile. Or maybe agile. Either way it's good, eh?

My fiancé is giving me trouble. Keeps wanting to get married. I said we'll get married when we've been together a little longer. So far? Eight years. I don't want to rush into anything, you know? Today marriages last 22 years. I read an article. So, we get married when we're 60, then no divorce. Who's got the energy to get divorced when they're 82? I mean besides my aunt, but she ate a ton of liver, you know?

OK, all done. Next time we'll do a pedicure. Women who get pedicures never have depression. It's true. I read an article."

And you know what? I believe her.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

DVD pick

The Counterfeiters

Director: Stefan Ruzowitzky
Stars: August Diehl, Karl Markovics, Devid Striesow
Rating: R

THE WINNER of this year's Oscar for Best Foreign-Language Film leaves no conscience unchallenged. A concentration camp drama based on historical events, it's the rare drama that blurs the line between light and dark. It's Ruzowitzky's retelling of The Devil's Workshop, the wartime memoirs of Adolf Burger, who was a member of Operation Bernhard, a secret Nazi project to bankrupt the economies of the U.S. and Britain. Extras include four deleted scenes, a director commentary and interviews that include revealing stories from the real Adolf Burger.

TORSTAR NEWS SERVICE

LASIK MD VISION
LASER VISION CORRECTION

LASIK Now. Pay Later.

Free yourself from glasses or contacts for less than you'd think

$0 Down | $0 Payments | 0% Interest
Until APRIL 2009!*

FREE Consultation
403-444-4444

Starting at
$490 / eye**

Dr. Richard Leger
MD, FRCSC
40 000 procedures

www.lasikmd.com

CALGARY: 734, 7th Avenue SW, Suite 900

* Subject to Desjardins Card Services credit approval. See www.lasikmd.com for more details.
** Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Accord D Desjardins

Halifax | Montréal | Ottawa | Toronto | Hamilton | Winnipeg | Edmonton | Vancouver

LIVE'R UP!
In Support of the Canadian Liver Foundation
DON'T MISS IT!
SEPTEMBER 13, 2008
*Talent Show * Celebrity Judges*
*Dress Hollywood Glam * Small Biz Exhibitions*
DJ & Dance
VISIT
WWW.LIVERUP.CA
FOR ALL DETAILS AND TO PURCHASE TICKETS

INSTRUCTOR

McBride Career Group requires an Instructor. The individual must possess a background working with persons with disabilities and experience in the following:
•Life/Essential Skills Facilitation
• Training Experience in Administration and Office Skills
• Curriculum Development Experience

Submit cover letter/resume with salary expectations
to: Fax (403) 777-5655 or
E-mail: ekennedy@mcbridecareergroup.com

Only those chosen for an interview will be contacted

Film festival
Pop singer Madonna has presented I Am Because We Are, her documentary about Malawi orphans, at the Michael Moore's Traverse City film festival in her home state of Michigan on Saturday. **BBC NEWS ONLINE**

Tracking the Madness

IntelleVision

MAD ALL OVER (AGAIN): The only time my vacation felt like exile was when I realized I'd be missing the season two premiere of AMC's Mad Men. Thankfully, this is 2008, not 1962, and the magic of the Internet will solve almost anything, though thanks to two weeks in the Nova Scotia countryside, meant that I'd missed the final, fever pitch of the US$8 million dollar promotional campaign AMC put behind the show. It apparently paid off, with nearly two million viewers tuning in for the return of Don Draper and the men and women of Sterling Cooper, though the numbers for Sunday's episode will tell how many new pairs of eyes Mad Men has retained. For all the praise the show has received — and the critical consensus following the season debut was almost universally agog — it has to be remembered that Mad Men's numbers are still a fraction of, say, the average audience for an episode of House.

While the show's viewers are largely part of a demographic that advertisers crave — adult professionals earning more than $100k a year — it remains to be seen whether simple economics might see the show succeed itself right off the schedule, proving itself a luxury, not an asset, for AMC. In the meantime, the show has become a cultural event, influencing fashion — Michael Kors new line is openly influenced by the styles of the pre-Beatles early '60s, and department stores are scouring rental houses for Eames chairs and Herman Miller office furniture for their Mad Men windows — while the prominent placement of a book of poetry by Frank O'Hara rocketed the book thousands of spots up on amazon.com.

Disappointment is my constant friend, but I can't say that creator Mark Weiner, the show's cast and writers have lapsed into complacency with the season's first two episodes. The men of Mad Men haven't proved to be as fascinating overall, though Paul Kinsey's beard is clearly a harbinger of coming social turmoil. Still a brooding cipher despite the revelations of the first season, the show's nominal protagonist, Jon Hamm's Draper, doesn't have much to offer so far besides some incipient health problems.

By Sunday's episode, Vincent Kartheiser's oily, opportunistic Pete was yielding more abundant dramatic dividends, and it's hard to imagine him receding into the background, especially since he's one of the few employees of Sterling Cooper who, to quote Bob Dylan, doesn't need a weatherman to know which way the wind is blowing.

Job At Home
$487.68 Weekly.
Mail Work, Assemble Products or Computer Work.
www.TopJobAlberta.com
Or Write to:
CHR Jobs, 372 Rideau St. #916-MC1
Ottawa ON, K1N 1G7

SERVICE DIRECTORY
TO ADVERTISE CALL ADAM SEELY 403-444-0136 • ADAM.SEELY@METRONEWS.CA

FINANCIAL
Checks and Balances Bookkeeping
IT'S TAX TIME AGAIN $35
Personal, Business & Corporate Returns
CALL 403.273.7112
(FREE Pickup)
info@checksandbalancesbookkeeping.ca

PSYCHICS
STAPHA—AFRICAN PSYCHIC
Reuniting Loved Ones • Stopping Divorce
Removing Bad Spirits • Success in Business
Healing Protection
RESULTS GUARANTEED
403-802-0367

PSYCHICS
THE GREAT OF THE GREAT MEDIUM & SPIRITUAL HEALERS
HERITED TO GENERATION RENOWNED INTERNATIONAL
If for a long time you are looking for solutions to your problems. Nothing is too late in life. 26 years experience, reuniting loves forever. Helps maintain harmony in the couples and prevents separation, success in business, family protection against negatives, bad luck, evil spells.
100% RESULTS GUARANTEED IN 1 WEEK
CALL MADIA 403-370-1526 OR 403-475-2589

LEGAL
GOLDEN OPTICAL
PROFESSIONAL SERVICES • 1 HOUR SERVICE AVAILABLE
Back to School SALE UP TO 50% OFF
GOLDEN OPTICAL
Dragon City Mall
#115, 328 Centre St. S.
Calgary 262-8123
GOLDEN OPHTHALMIC
Harvest Hills Crossing
1117, 9650 Harvest Hills Blvd. NE
Calgary 263-6123

ADVERTISING
DON'T LET YOUR SPACE GO TO WASTE!
ADVERTISE IN THE SERVICE DIRECTORY
CALL NOW! 403.444.0136

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/5/08 primetime	267	351	- ACCESS	Law & Order: Criminal Intent		Landed: Lives in Canada		Celebrity Family Feud		Ext. Evidence	I, Detective	Help TV
	243	317	3 CFCN	eTalk	Jeopardy!	Canadian Idol	Robson Arms	Criminal Minds (HDTV)		Without a Trace (HDTV)		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout (N)		(10:01) I Survived a Japanese Game Show		
	245	306	6 CBRT	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 5"		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	In Plain Sight (N)		Wipeout (N)		Big Brother 10 (N)		News Hour
	246	-	8 CKAL	Friends	Friends	Reaper		To Be Announced		I Survived a Japanese Game Show (N)		
	119	705	9 CBXFT	Des squelettes	Tout	Beautés désespérées (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	Friends	Scrubs	NCIS "Angel of Death"		Big Brother 10 (N)		Without Trace
	-	374	14 KSPS	NewsHour With Jim Lehrer		Nova (DVS)		Wild! "Russian Brown Bears"		Wide Angle		Touch-Beijing
	502	390	15 CBC	CBC News: The National		A Whale of a Tale		CBC News: The National		CBC News: The National		Whale-Tale
	-	370	16 KHQ	News (N)	Raymond	Jeopardy!	Wheel-Fortune	Celebrity Family Feud		America's Got Talent (N)		
	-	373	22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	Kitchen Nightmares (PA)		House (HDTV PA)		News (N)
	297	652	37 WPIX	Reaper (HDTV)		CW11 News at Ten		Two/Half Men	Friends	Sex and-City	Will & Grace	Frasier
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	MLB Baseball		SportsCentre (HDTV) (Live)			Off the Record	World Extreme Cagefighting (HDTV)		
	408	418	27 net	World's Toughest Cowboy		Countdown to UFC 87		Heads-Up Poker		Sportsnet Connected		Best-Sports
	410	403	30 SCORE	Basketball: Australia vs. U.S.		Score Tonight	To Be Announced					Score Update
	411	457	44 OLN	Angry Planet	Surf Patrol	Adventures	Strand-Peters	Pilot Guides		Don't Forget Your Passport		Survivorman
	417	406	48 SPEED	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life
family	552	543	20 YTV	Drake & Josh	Prank Patrol	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	6teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	*Beavis, Butt*
cable variety	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Roseanne	CMT30 "Craven 2008"		Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	'70s Show	E! News	Real Housewives		Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	House	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked
	521	560	24 TLC	Must Love Kids (HDTV) (N)		Wear-Triple Thread		Say Yes-Dress	Reception	Must Love Kids (HDTV)		Triple Thread
	603	561	25 FOOD	HEAT-McEwan	HEAT-McEwan	Top Chef "Improv"		Restaurant Makeover		Iron Chef America		HEAT-McEwan
	615	520	26 A&E	The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner (HDTV)		The First 48 (HDTV)		The First 48
	617	522	32 SHOW	Trailer Park	Billable Hours	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny	CSI: NY
	601	562	33 SLICE	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect
	-	633	34 ENC2	*Purple Rain*	(7:20) *Uncut Gem* ★★ (1989, Suspense)			*Nickel & Dime* ★★ (1992, Comedy)			(10:40) *The Boss' Wife* ★	
	520	505	35 DISC	Mighty Ships Vehicle carrier.		Deadliest Catch (N)		Daily Planet		Mighty Ships Vehicle carrier.		Deadliest
	620	523	36 BRAVO	Smokey Joe's Cafe		Live at the Rehearsal Hall		Law & Order "Barter"		Without a Trace		Entourage
	294	650	40 WPCH	*Diary of a Mad Black Woman*		The Single: Monica		Seinfeld	Frasier	*Diary of a Mad Black Woman* ★★ (2005)		
	626	547	41 COM	Laughs	Comics	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.
	-	539	42 TCM	(6) *Now, Voyager* (1942)		*Mr. Skeffington* ★★★ (1944, Drama) Bette Davis, Claude Rains. (DVS)					*Caesar and Cleopatra* (1946)	
	628	584	43 SPIKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY "On the Job"		CSI: Crime Scene Invstgtn.		Trek: Voyager
	522	516	45 HIST	Disaster-Cent.	Masterminds	NCIS "Model Behavior"		*Hiroshima* ★★★ (1995, Drama) Lynne Adams.				NCIS
	627	528	46 SPACE	Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1		Star Trek: Voyager		Star Trek: Ent.
	-	-	47 AMC	(6) *Hondo* (1953, Western)		*The Searchers* ★★★★ (1956, Western) John Wayne, Jeffrey Hunter.					(10:45) *The Great Escape*	
	619	525	49 TROP	Tube Tales	Vanity Insanity	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes on Homes		Dirty Business	Outside	Colin-Justin
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Franklin Templeton		Market Call		Business News		Market Call	Workopolis TV	Taking Stock
	526	507	92 CLT	Psychic Detect	Ext. Evidence	Traders		The West Wing		Psychic Witness		Psychic Detect
	269	350	93 APTN	First Talk	News	Wilpogwad	La Course	Le vol de l'aigle		The Journey Richard Peter. (N)		Highlight
	-	-	94 MCP	(6:30) News	News	The Land	Daughters-Law	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581	100 MMM	40 Hottest Hotties of the '90s				Listed		40 Hottest Hotties of the '90s		
	570	580	101 MM	Britney: Speared By the Paps		Instant Star	Instant Star	Gone Wild	Gone Wild	So You Think You Can Dance		Dance
	581	566	102 MTV	From G's to Gents		From G's to Gents (N)		MTV Live	Second Half	Living on Edge	Living on Edge	G's to Gents

critics'corner

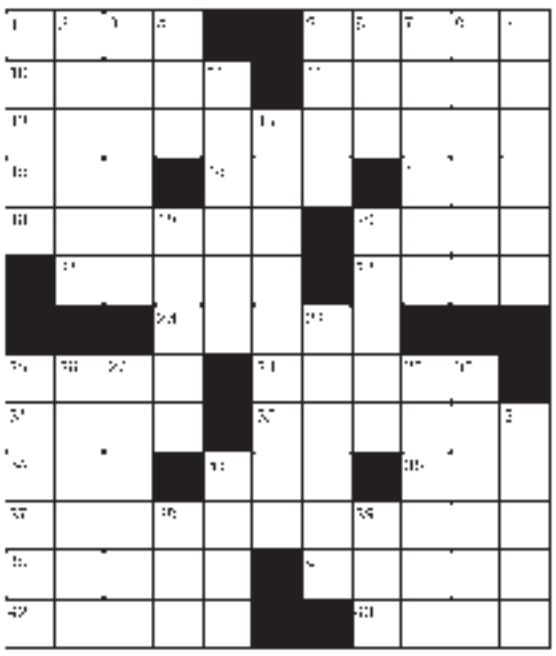
Kitchen Nightmares
"Kids. I don't know what's wrong with these kids today ... ." It's great when the next generation joins the family business, not so great when they're jerks. That's the dilemma faced in this episode by the owner of a restaurant on New York's Long Island, whose son, the head chef, is alienating staff and customers alike. Time for Gordon Ramsay to play family counselor as well as restaurant reformer ... and dish up some tough love. 9 PM on KAYU

Smokey Joe's Cafe: The Songs of Leiber and Stoller
If you didn't see it live on-stage, you can still get some of "Smokey Joe's" magic through this special, which records the final performance of the longest-running musical revue in Broadway history. Stars include Ken Ard, Adrian Bailey, Matt Bogart, Brenda Braxton, Victor Trent Cook, B.J. Crosby, DeLee Lively, Deb Lyons and Frederick B. Owens 6 PM on BRAVO

Bonet heading to Mars

Former Cosby Show star Lisa Bonet, left, is joining the cast of ABC's adaptation of the time-tripping U.K. cop drama Life on Mars. She will play Jason O'Mara's present-day girlfriend. EW.COM

Take Five



Crossword down

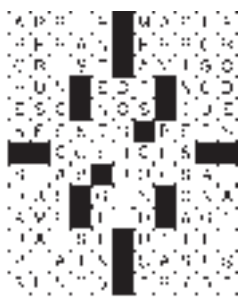
1 Squall
2 Excuse
3 "Anchors —"
4 Fellows
5 Autograph
6 Ulna's place
7 Hired
8 Overrun
9 Lace's place
11 Consume to survive
14 Edvard Grieg, for one
19 Filth
20 Partners
24 Fail to follow suit
25 Pants
26 Spot for ten-spots
27 Smitten
29 Peaceful
30 Steamy
33 Lott of the Senate
35 Mouthwash flavor
38 Sermon subject
39 "— Kapital"

Play more games online at: metronews.ca

Crossword across

1 Con
5 Composer Erik
10 Lockerroom item
12 Bitter humour
13 Chess start
15 King, in France
16 Part of some German names
17 Penn of "House"
18 Holdup man
20 Style
21 Toss
22 Without — (risky way to work)
23 Like neon
25 Do some laps
28 Gaggle members
31 Highway division
32 Ad section
34 Maximum amount
35 West of films
36 France's Côte —
37 Deed transfer time
40 Spacey or Kline
41 Dine at home
42 Artery opener
43 Church offshoot

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Support is found for a proposed endeavour. You're seen as a force of nature. Progress is made in a passionate connection.

TAURUS
APRIL 21-MAY 21
Critical mass is reached in relationship issues. Random acts of kindness will delight you. Electricity problems cause distress.

GEMINI
MAY 22-JUNE 21
You will be as merry as the day is long. Don't be fooled by current events. Surprising notes are discussed.

CANCER
JUNE 22-JULY 22
Learn to fend for yourself. Someone's confusion will force you to think logically. Don't shut out the possibility of a complete cure.

LEO
JULY 23-AUG 23
Use your natural talent for making conquests. An annoying uncertainty crops up about a friend. Your dedication wins some points.

VIRGO
AUG 24-SEPT 22
Good fortune comes to you. A pushy person makes himself at home. You'll be getting ahead in romance.

LIBRA
SEPT 23-OCT 23
You'll back down quickly when you're wrong. Other people's selfishness gives you grief. The queen of denial is coming for a visit.

SCORPIO
OCT 24- NOV 22
An animated chat informs you of a performance. Get back to basics with a friend. A bad guy is intimidating because he has no respect.

SAGITTARIUS
NOV 23- DEC 21
A man won't rest till a problem is fixed. A disappointment determines the end of a discussion. Losing something causes no pain.

CAPRICORN
DEC 22-JAN 20
A powerful image generates an investment strategy. A callous remark affects your mood. Be rational about bitter deeds.

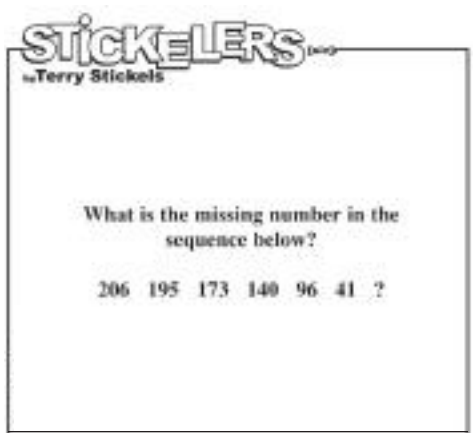
AQUARIUS
JAN 21-FEB 18
When others panic, you'll go with the flow. There's an amusing surprise in store. Meet with a traveller for help with a scheme.

PISCES
FEB 19-MAR 20
A man will try to do the right thing. Someone with integrity is a welcome addition. A wise guy trying to win a stupid game is humbled.

This day in history

AUG. 5, 1305: William Wallace, who led Scottish resistance to England, is captured by the English near Glasgow and transported to London for trial and execution.
AUG. 5, 1861: The United States Army abolished flogging.
AUG. 5, 1884: The cornerstone for the Statue of Liberty is laid on Bedloe's Island in New York Harbor.
AUG. 5, 1914: In Cleveland, Ohio, the first electric traffic light is installed.
AUG. 5, 1969: As part of the Mariner program, Mariner 7 makes its closest fly-by of Mars (3,524 kilometres).
AUG. 5, 1981: Ronald Reagan fires 11,359 striking air-traffic controllers who ignored his order for them to return to work.

FLIGHT CENTRE Unbeatable
LAS VEGAS
FROM $199
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. UPGRADE to 4-star accom from $20 per night.
1 866 247 4117 | flightcentre.ca
Conditions apply. Ex Calgary. Package price is per person, based on double occupancy. Prices are based on specific booking deadlines. Transportation related fees, taxes and GST are excluded. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. For full terms & conditions, see tour operator brochure.



Sudoku

	3	1		9	8	2		
	6				4			9
			1	7				
		4				8	7	
			5		3			
	2	5				9		
				5	6			
4			7				6	
		6	4	3		1	2	

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	1	7	6	9	2	4	8	3
4	6	8	1	7	3	5	2	9
9	2	3	5	4	8	1	7	6
2	8	5	9	6	1	7	3	4
3	9	4	8	2	7	6	5	1
1	7	6	4	3	5	2	9	8
8	3	2	7	1	4	9	6	5
6	5	1	2	8	9	3	4	7
7	4	9	3	5	6	8	1	2

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Calgary weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Partly cloudy. 24°	Clear. Low 7°	Sunny. 23°/ 11°	Partly cloudy. 23°/ 14°	Mainly sunny. 26°/ 11°

Temperature Normals
High: 23.7°
Low: 8.9°

Records
High: 35°/1893
Low: 2.2°/1900

Sunrise: 6:08 a.m.
Sunset: 9:14 p.m.
Moonrise: 11:37 a.m.
Moonset: 10:33 p.m.

©The Weather Network 2008

The Weather Network theweathernetwork.com
NOW OFFERING TRAFFIC ON YOUR MOBILE!
Download TrafficEye Mobile™ at theweathernetwork.com/mobile

Brad, Angelina introduce twins to world — at a price
Actors Brad Pitt and Angelina Jolie have shown off their month-old baby twins, Knox Leon and Vivienne Marcheline, for the first time in People magazine. The couple sold the rights to the first pictures to People for an estimated $14 million US. IMDB.COM

Celebrity Buzz

Boy George talks about drug use

PEOPLE Boy George only quit drugs at the end of last year, femalefirst.co.uk reports.

The former Culture Club front man — who has revealed he used to be a heroin addict — says he spent much of the last five years taking illegal substances every day.

"I've been strung out on drugs for the last five years. But this time I'm clean for good. I don't want to die," he said. "I've spent five years in this chemical cloud. Getting clean at the end of 2007 was a very big thing. I was using half my brain, half my personality on drugs. One day I took a little and then I was on four grams a day. Up until six months ago, I had a really bad problem."

The singer has now vowed to stay clean for good.

"A friend took me to a Narcotics Anonymous meeting and I was like an old f---ing man. I could barely walk I'd been using so much f--- ing drugs," he added to Q magazine.

METRO NEWS SERVICES

ALL PHOTOS GETTY IMAGES

'Shifty' gives sobriety new shot

PEOPLE Crazytown front man Seth Binzer is having another go at sobriety after returning to the TV program Sober Living, imdb.com reports.

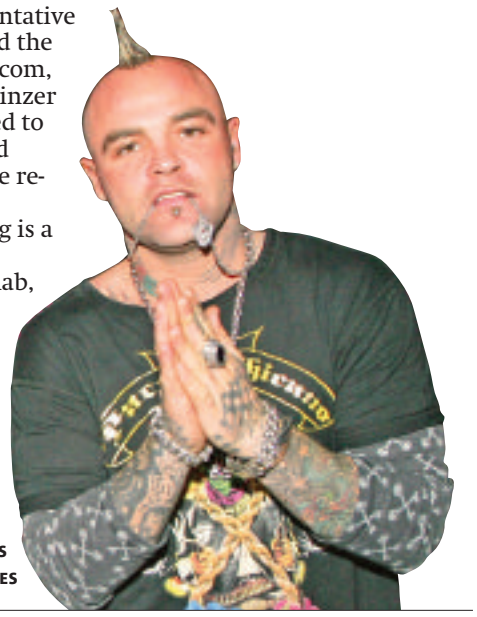
Late last month, the rocker walked out of the California mansion, where the show's contestants attempt to rebuild their lives without drink and drugs, and allegedly embarked on a heavy binge.

But Binzer — formerly known as Shifty Shellshock — has now re-entered the Sober Living house in an attempt to kick his habits once and for all.

His representative has confirmed the news to TMZ.com, adding that Binzer has apologized to his family and friends for the relapse.

Sober Living is a spinoff from Celebrity Rehab, which previously helped Binzer get clean with the assistance of addiction specialist Dr. Drew Pinsky.

METRO NEWS SERVICES



celebrity brief

Jess knew she, John would split

RELATIONSHIPS Jessica Simpson always knew she would split up with John Mayer, because she felt destined to be with someone else, femalefirst.co.uk reports.

The pop star broke up with ex-husband Nick Lachey in 2005 after three years of marriage.

"I was going through a lot of pain," she tells the new issue of Elle magazine. "I didn't try anything to change my life other than dating different types of guys and conforming to their worlds. I thought I had to be artsier, more intellectual ... John believed in the Jessica Simpson that's within. He cherished our love. He helped make me the woman I am today. John is going to be an amazing man for someone, but I know that I was supposed to be with someone else."

METRO NEWS SERVICES

Pamela puts kibosh on closeups

TELEVISION Pamela Anderson has banned close-up shots of her face during filming of her new reality show, femalefirst.co.uk reports.

The actress, 41, is starring in Pam: Girl on the Loose.

"Producers have been informed she has to appear in only flattering lighting — and closeups on her face are apparently a no-no," a source said.

METRO NEWS SERVICES

Jake, Reese deny engagement

RELATIONSHIPS Reps for actors Reese Witherspoon and Jake Gyllenhaal are denying tabloid reports that the couple are engaged, People.com reports.

"They are not engaged, getting married or any of the reports," the reps said, calling the reports "lies."

Witherspoon, 32 and Gyllenhaal, 27, began quietly dating in April 2007. They recently were seen together in Paris with Witherspoon's kids.

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

John Mayer helped make **Jessica Simpson** the woman she is today? OK, Jessica, I'm no therapist, but the first step in fixing what's broken is to stop pointing fingers at others and beginning to acknowledge your own personal responsibility in whatever disasters you have helped to create. This is true whether we're discussing your own life, or the Dukes of Hazzard movie.

Listen, I don't want to hear about Crazytown's front man getting clean and sober. I want my Crazytown in its original condition. Crazy! Like a town full of craziness. Listen up, **Shifty Shellshock**, there's a reason your band isn't called Well-Adjusted Village, or Level-headed Hamlet. Stay crazy, or lose me as a fan!

Pamela Anderson's ban on closeups is only a stop-gap measure. She has doctors working round the clock on perfecting the first "head transplant." Now if only she could find a donor. I wonder if they froze **Jayne Mansfield**'s head? Could be a perfect match.

I pity **Boy George**. It's nice that he appears to have quit the junk, but inevitably someone's going to play his old Culture Club records for him. And that's more than anyone should be asked to endure without the aid of contraband substances.

NEWSDESK@METRONEWS.CA

Your First Step toward a Rewarding Career

Accounting & Payroll Admin

- APAs are an in-demand profession in Alberta
- Gain a practical foundation in payroll and accounting with office administration and computer training
- Graduates are certified as official **CPA Compliance Practitioners**

Also Available:

Oil & Gas Administrative Assistant
Business Admin Management
Paralegal Diploma Program
Medical Office Assistant
Business Admin / E-Commerce Mgt

Call for Program Details

✓ *Practicum placements for all programs* ✓ *Supportive learning environment*

REEVES COLLEGE
www.reevescollege.ca
DOWNTOWN 403-290-1511
CALGARY NORTH 403-769-1556
Call for a FREE information session!

*"I finally said **goodbye** to fatty **long distance** and roly poly **roaming charges**."*

Nationwide Talk & Text Combo Contains

- No Long Distance Charges on All Calls Within Canada[1]
- Unlimited Messaging (Text and Picture)[2]
- Up to 250 Nationwide Anytime Minutes
- 7pm Nationwide Evenings & Weekends[3]

$45

Per Month[4]

You pay no System Access Fee.

koodomobile.com

Koodo mobile™

Good call

BEST BUY · FUTURE SHOP · LONDON DRUGS · The BRICK · WAL*MART · Zellers

(1) Local anytime minutes apply. (2) Excludes premium messages. Includes international text messages. (3) Unlimited local calling from 7pm to 8am, Monday through Thursday and from 7pm Friday to 8am Monday. (4) Taxes are extra. © 2008 Koodo Mobile.